



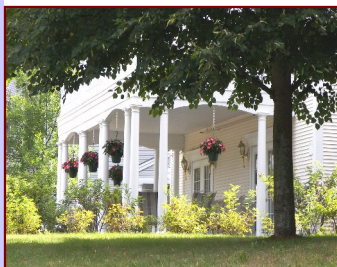
Schooner Estates
Retirement Community

**"Comfort in Community,
Confidence in Care"**

H i g h l i g h t s

- Father's Day
- AARP Course
- Dehydration Alert
- Signature Menu Item
- Camp Sunshine Fundraiser
- Welcome

Writers:
Your Schooner Team
Technical Editor:
Sue O'Brien



**1st day of Summer,
June 21st!**



*Sunday,
June 21st*

THE SCHOONER FLASH

June 2009

Issue 15

**All the News That's Fit to Print About the Happenings
at our Wonderful Schooner Estates!**

FATHER'S DAY

Father's Day Humor



Father's Day is Sunday, June 21st! Father's Day photos will be taken and all the gentlemen at Schooner are invited. All who are in the photo will receive a picture! Pictures will be taken on Thursday, June 11th at 2:30 p.m. in the Village Green.

Happy Father's Day to all!



Lawrence Arnold & his son Bruce

Martin had just received his brand new drivers license. The family troops out to the driveway, and climbs in the car, where he is going to take them for a ride for the first time. Dad immediately heads for the back seat, directly behind the newly minted driver. "I'll bet you're back there to get a change of scenery after all those months of sitting in the front passenger seat teaching me how to drive," says the beaming boy to his father.

"Nope," comes dad's reply, "I'm gonna sit here and kick the back of your seat as you drive, just like you've been doing to me all these years."

AARP COURSE SPONSORED BY SCHOONER

AARP An AARP Driver Safety Course for drivers 50 years of age and older will be presented from 9:00 a.m. to 1:30 p.m. here at Schooner. The four-hour course will be held in the Tenants Harbor Room on Thursday, June 25th, 2009. This course has no test and is designed to keep the participants driving safely for as long as possible.

The registration fee is \$14.00 per person and advance registration is required. To register, see Mark Prevost, Director of Resident Services, or call at 784-2900, extension 132.

The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed specifically to meet the safety needs of experienced and mature drivers. It helps drivers learn about defensive driving techniques, new traffic laws, rules of the road and much more. It helps older drivers learn how to adjust their driving to age-related changes in vision, hearing and reaction time. Also, insurance companies in the State of Maine are required by law to give discounts to drivers 55 years of age and older who complete the course.

DEHYDRATION ALERT



This is the time of year for everyone to be conscious of the amount of water they are drinking. Dehydration is a serious problem, espe-

pecially for seniors, who tend to sense thirst less than younger persons but need more water. Seniors are more susceptible to catching the illnesses that cause nausea, vomiting and diarrhea, in addition to tending to lose fluid more readily. Seniors also take more medications that dehydrate them and need to be aware of drinking more water. Two-to-three quarts of water a day is lost to sweating, exhaling and elimination and must be replaced. Alcohol, tea, and soft drinks, which rob the human body of water through the kidneys, need to be followed with a glass of water.

Remember not to increase your fluid intake dramatically in a short period of time due to the strain it may put on your heart. Try drinking a few extra glasses on a hot day and start adding an extra glass of water to your daily intake every week until you are drinking enough. If you have medical problems, speak to your physician about the amount of fluid that is recommended for you.

If you are worried about dehydration watch for the following symptoms:

- * Nausea
- * Dry Skin
- * Vomiting
- * Hoarse voice
- * Headaches
- * Water retention problems
- * Persistent elevated temperature
- * Muscle or joint soreness
- * Dry lips and tongue
- * Persistent constipation
- * Infrequent and dark-colored urine
- * Restlessness
- * Light-headedness and loss of energy
- * Muscle cramps
- * Digestive complications

★ WELCOME TO SCHOONER!

Schooner welcomes the following new residents...

- * Eleanor Abrahams to apartment 325
- * Harriet Gordon to apartment 332 on June 3rd
- * Ernest Lamontagne to studio 101

JUNE SIGNATURE MENU ITEM



For the month of June, Executive Chef Mike Morton is featuring - "Marinated pork chops", crusted w/Garam Masala, char broiled served w/Basmati rice, mango chutney and a caramelized

sweet citrus glaze. Also look for our feature sandwich, "The Cuban Reuben". Hope you enjoy them!

Healthy Dietary alternative: Schooner culinary will be carrying smart balance margarine cups w/no trans fats and has omega 3 fish oil, in place of the promise cups we currently carry. We care about your health at Schooner culinary.

CAMP SUNSHINE FUNDRAISER

Residents, staff and members of the greater L/A community came together Wednesday morning, May 20th, to raise money for a great cause, Camp Sunshine. Located on the shores of Sebago Lake, Camp Sunshine is a camp for critically ill children and their families to get a break from everyday life. The Schooner resident council has sponsored a family to spend a week at the camp as often as the funds are raised. This was their first ever pancake and sausage breakfast fundraiser. "Mike Morton and the kitchen staff made it all possible", said Inez Brennick, committee organizer. It was lots of fun and everyone enjoyed the food and socializing with friends. The group is now \$310 closer to their goal of \$1500.



EASY SUMMER SMOOTHIE RECIPE

- * 1 Cup Diet V8 Splash Juice Drink, any flavor
- * 1/2 cup plain nonfat yogurt
- * 1 medium banana, sliced
- * one ice cube.

Add Splash, yogurt, banana and ice cube to blender. Cover & blend until sr



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